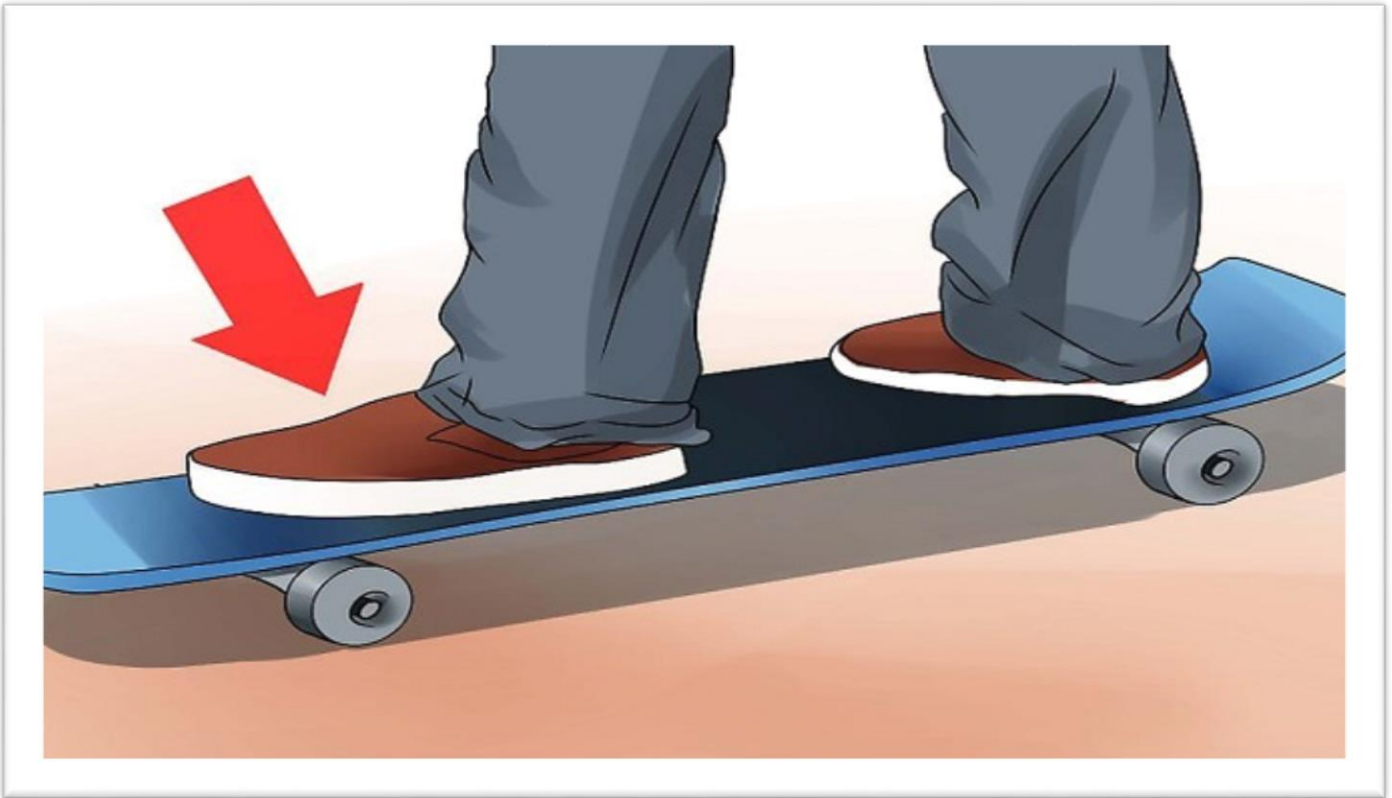


Skateboard tricks: types and rules of execution



Skateboarding today is an extreme sport that requires the skater to have a perfect sense of balance, perfect control of their movements, and complete concentration. These qualities, together with an expensive and balanced skateboard, can make the skater literally hover over obstacles and write skillful pirouettes on completely flat sidewalks.

In this article, you will learn about easy and difficult types of skate tricks, as well as the technique for performing some of them.

General principles of teaching

If you want to learn professional and stunt skateboarding, you need to start learning from the very basics. Below are the key learning principles that are sure to come in handy for beginners in skateboarding.

- **Wear protective gear such as** a helmet, elbow pads, and knee pads **before each workout.** The most important piece of equipment is the helmet - if the wounds on the arms and legs can heal, then the injured head is not so easy to heal.
- The first step is to **figure out which of your feet is a guide and which is jogging.** As a rule, the strongest one acts as a jogging leg - for right-handers, it is the right leg, and for left-handers, respectively, the left one.

To clarify this point, just stand on the skate and try to push off with each foot - the jog will be the one that is more convenient to push off for gaining speed.

- A very important point if you want to learn how to skate is **to choose the right site**. Beginners often make the mistake of choosing specialized skate pitches with obstacles and slides - first, you need to learn how to control the skate, and flat and smooth asphalt surfaces are best suited here.
- **"Clicking"** is a technique in which the skater makes a sharp kick on the [deck](#) with a jogging foot and presses forcefully on its back. At the same time, the skateboarder pushes off the skate platform and makes a jump on one leg.
- **Stretching** is the second most important technique that you need to hone if you want to learn how to ride a skateboard. During movement, the foot of the guide foot bends inward, up, and forward - this technique allows the front of the board to be lifted into the air. As the skate rolls over, the skater hovers and presses his knees to his chest.
- **It is very important at the time of the jump to monitor whether the skateboard has finished spinning**. As soon as the moment comes, your task is to straighten up and catch the skateboard with your feet, pinning it to the ground. If it works, just keep moving, stabilizing your balance as much as possible, so that the landing is comfortable and easy.

The knees should be bent and the feet should be in place of the board bolts.

- The click together with the hood forms a trick called **"Ollie"**. It will take a lot of time to learn how to perform these movements as accurately as possible. Your main task in the trick is to learn how to control the movements of the skate and catch its turns during the jump for a smooth landing.

Difficult tricks

If you have managed to perfect the most basic tricks on a skateboard to perfection, then it's time to turn to more complex tricks that require more dexterity and an impeccable sense of balance. For good tricks, you need [high-quality skateboards](#). We recommended [the best skateboards for tricks](#).

Below is a list with the names of the most difficult tricks to perform on a skateboard.

Techniques such as **board-slide called all the tricks on a skateboard, which will involve the allies on the platform edges or railing**, the deck is parallel to the railing and hovers over them. It is best to choose slippery surfaces covered with varnish for this trick - otherwise the glide will not be as effective. Sequence of actions: gain low speed, then, turning with the help of an ollie 90 degrees, jump onto the railing so that the deck is perfectly perpendicular to them.

The main task when sliding is to maintain balance and balance to the end of the railing, after which you can use the ollie to return to the sidewalk (remember to bend your knees).

A hard flip is a sophisticated version of a kick flip. For this trick, your hind foot should be at the very edge of the deck and your front foot should be in the middle of the deck at a slight angle. During the trick, the jogging foot makes a strong click, while the front foot makes a scooping

motion and glides around the deck to allow the skate to flip vertically right between your legs. If everything is done correctly, the deck should twist 360 degrees, after which it is fixed with the feet. In principle, this technique can be considered a hybrid of kick-flip and pop-shuit.

Flip 360 (some also call this type of trick triple somersaults). This technique is rightfully considered the most beautiful, but also the most difficult among the existing skateboard tricks. In this case, there is practically the same execution technology as in a hard flip, but the knees do not bend so much and the deck makes a 360 turn of both the kick flip and the pop show.

The main condition in this trick is to catch the moment when the deck is in a horizontal position - this is a sign in order to engage the deck with the feet.

A heel flip is considered the complete opposite of a kick flip. In this case, it is the front leg that protrudes. The trick starts with a classic ollie position, then the front foot, which is initially in the center of the deck, slides to the front edge of the board, which is turned around with the heel on its axis. The main subtlety of this technique is to always keep the board in front of your eyes and press your knees to your chest as much as possible so as not to interfere with the rotation of the board. If the board makes a full rotation around its axis, it should be caught with the heels and bent over to cushion the landing.

Safety regulations

Especially when learning to ride a skateboard, such injuries will be difficult to avoid, however, by observing some safety rules, their number can be minimized.

- As one of the main principles of skateboarding, the **mandatory presence of protective ammunition** has already been highlighted, however, in the case of a skateboard, such protection should not only be reliable and safe but also take into account sudden movements, jumps, and turns.

This should be the most comfortable ammunition that will not interfere with your movements and cause discomfort.

- The requirements for maximum comfort apply not only to protect but also to **suitable clothing for skateboarding**. Clothing should not hinder movement, cause sweating or fatigue. Riding a skateboard is a constant movement, regular work of not only legs, but also arms, so it is better to choose spacious clothing options for practicing. At first glance, this factor may seem insignificant, but poorly chosen clothing greatly affects the first impression of skateboarding.
- For skateboarding, always **choose areas of the sidewalk that are free of people**. Try to avoid areas where people often run, ride bicycles, or walk with children. When choosing such sites, there is a great chance to harm not only yourself but also others.
- **The best time to learn to ride a skateboard is calm and dry weather**. You should not start training immediately after heavy rain or early in the morning, when there may still be dew on the sidewalk.

Moisture greatly affects the braking properties of the skate, as well as its maneuverability.

- As with any sport, **before training on skateboarding, you must first stretch your muscles.** A little exercise with squats stretches and a gentle ride will prepare your muscles for more serious stress. This will allow you to feel the skate faster and reduce the number of sprained injuries.
- If **absolutely any skateboard is suitable for the first steps in learning how to ride a skateboard,** then in order to do the minimum difficult tricks, you will need to buy a high-quality and professional model with a non-slip deck, good control, and shock absorption.

When choosing a particular model, it is important to pay attention to its length, wheel height, mounts, and deck material.

All this indirectly affects the control of the skate - even one low-quality and cheap part can someday break or simply fail, which will lead to serious injuries. In addition, the [skateboard for cruising](#) must be constantly monitored to prevent wear, cracks, or roughness. **Also, regularly check that the bolts and fasteners are secure.**

- To put less pressure on the ligaments and muscles of the legs, **bend your legs slightly during landing in all types of tricks-** this will also provide minimal cushioning and will greatly help maintain balance.

Source: <https://skatetownguide.com/>